

# 剣 Kenyu

Volume 5, number 1  
January 1991

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DATEBOOK

1. The next WSKF Practice is Wednesday, January 16, 7:00 p.m. at Highline.
2. The Vancouver Taikai is Saturday, January 19, 11:00 a.m., at the Renfrew Park Community Centre, corner of 22nd Avenue and Renfrew Street, Vancouver, B.C.
3. The next WSKF Board meeting is Sunday, February 3, 6:00 p.m. at Imperial Lanes.
4. The February WSKF Practice is Wednesday, February 6, 8:00 p.m. at UW Hec Ed.
5. The Steveston Taikai is Saturday, February 9, 10:00 a.m. at the Steveston Community Centre, 4111 Moncton Street, Richmond, B.C.
6. TAIKAI FOR 1991 CALENDAR REVISION: The Toronto 8th World Taikai will be the week of June 26 - July 3, with the competition June 28, 29 and 30, rather than the previous week as earlier reported. Also, the UW Taikai is TENTATIVELY set for April 20.

### WSKF PRACTICE SHIAIGEIKO STANDINGS (as of December 8, 1990)

Mudansha: M. Smith - 6; Mayhew - 5; Arsenault - 5; Rouch - 3; T. Anderson - 2;  
Okayasu - 2; Nelson - 2; Naganawa - 2; S. Smith - 2.

Yudansha: Konno - 12; McCarry - 6; Yotsuuye - 5; D. Anderson - 5; C. Marsten - 4;  
Bucholtz - 4; Bolling - 4; V. Marsten - 4; Ikuta - 4; Yamaguchi - 3;  
Yabe - 2; J. Marsten - 2; Imanishi - 2; Elliott - 2; Chin - 2;  
Namizato - 2; Oehlman - 2; Hatano - 2.

### CASCADE KENDO-KAI

At their January 6 meeting the WSKF Board welcomed the formal application of the Cascade Kendo-Kai. This dojo is located at 8236 S.E. 24th Street, Mercer Island. Head Sensei is Paul Kurose. Other instructors are Gary Imanishi and Aniceto Seto. Practices are Wednesdays 7:00 to 8:30 p.m. About twice a month there are Saturday practices at the Nisei Vets Hall. Administrator of the club is Gary Imanishi (643-0714) and you can call him for details.

Congratulations, and welcome to the Federation, Cascade Kendo-Kai kenshi!

### NEW NAME FOR WSKF

In the September KENYU we reported that due to the impending addition of another Oregon dojo and the possibility of dojos in Idaho and Alaska, several new names for WSKF had been proposed. Those have been narrowed down to two: Western States Kendo Federation and Pacific Northwest Kendo Federation. A third option is that we can keep our present name, of course. Ballots will be distributed in the next couple of weeks to each WSKF member, explaining these options more fully. It's important that each member weigh these choices carefully, and make sure the marked ballot gets returned promptly. This is an important decision for the Federation and its future!

(more over)

Monthly Newsletter of the WSKF - Tom Bolling, Editor  
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Washington State  Kendo Federation

## ALL-JAPAN SUMMER CAMP CANDIDATES

Last year only two people from the entire United States got to go to the All-Japan Summer Camp at the Renshinkan Dojo in Kitamoto. If you are interested in attending this year let your Sensei know right away and get your resume in so we can be ready when the official application gets here. Emphasis is on people in the yudansha ranks who are instructors in a dojo, and who have never attended the Camp before.

## THE LAST WORD

"Those who study swordsmanship must not get caught up with concepts of good-bad-victory-defeat during the initial years of practice. In order not to develop improper habits, strive with your entire being, forcefully and without restraint swing the sword over and over, extend yourself to the fullest, and concentrate on executing the techniques naturally. Eventually, real strength will be fostered; all stiffness will vanish and the techniques can be performed in a free-flowing manner. The opponent's movements can be detected before he strikes -- one intuitively knows where to cut and any attack can be repelled. Have no confused thoughts or doubts, do not distort the techniques: without delay, train harder and harder!" --Yamaoka Tesshu, Writings.